



BREAKFAST - APRIL 2017

Wellington School District Wellington Middle School



menus.opaafood.com

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

All Items Prepared Fresh Daily in the Opaa! Kitchen

All grains offered are Whole Grain-Rich

KEY:

= Farm Fresh Product

= May contain peanuts

= Pork

Harvest



of the Month

Don't forget to take the

"Extreme Fruit and Vegetable Challenge"

this month!



Opaa! designs elementary menus to meet the nutrition targets for

HealthierUS School Challenge!



Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.

Partnering with us in this endeavor are the following

**Hamra Farms
Farhmeier Farms
Rasa Orchard
Value Added Products**

3

- Pancakes w/ Fruit Topping, Pears, Fruit Juice
- Cereal, Yogurt, Pears, Fruit Juice
- Oatmeal, Yogurt, Pears, Fruit Juice

4

- Scrambled Eggs, Toast & Jelly, Apple , Fruit Juice
- Cereal, Toast & Jelly, Apple , Fruit Juice
- Oatmeal, Toast & Jelly, Apple , Fruit Juice

5

- Cinnamon Roll, Peaches, Fruit Juice
- Cereal, Yogurt, Peaches, Fruit Juice
- Oatmeal, Yogurt, Peaches, Fruit Juice

6

- Sausage Pancake on Stick , Pineapple, Fruit Juice
- Cereal, Cinnamon Toast, Pineapple, Fruit Juice
- Oatmeal, Cinnamon Toast, Pineapple, Fruit Juice

7

- Biscuits & Gravy, Sausage , Strawberries, Fruit Juice
- Cereal, Yogurt, Strawberries, Fruit Juice
- Oatmeal, Yogurt, Strawberries, Fruit Juice

10

- Chocolate French Toast, Applesauce, Fruit Juice
- Cereal, Yogurt, Applesauce, Fruit Juice
- Oatmeal, Yogurt, Applesauce, Fruit Juice

11

- Pancake Sausage Griddle , Apple , Fruit Juice
- Cereal, Cinnamon Toast, Apple , Fruit Juice
- Oatmeal, Cinnamon Toast, Apple , Fruit Juice

12

- Blueberry Sweet Roll w/ Lemon Glaze, Grapes, Fruit Juice
- Cereal, Yogurt, Grapes, Fruit Juice
- Oatmeal, Yogurt, Grapes, Fruit Juice

13

- Scrambled Eggs, Toast & Jelly, Peaches, Fruit Juice
- Cereal, Toast & Jelly, Peaches, Fruit Juice
- Oatmeal, Toast & Jelly, Peaches, Fruit Juice

14 No School

17 No School

18

- Scrambled Eggs, Toast & Jelly, Pineapple, Fruit Juice
- Cereal, Toast & Jelly, Pineapple, Fruit Juice
- Oatmeal, Toast & Jelly, Pineapple, Fruit Juice

19

- Cinnamon Roll, Peaches, Fruit Juice
- Cereal, Yogurt, Peaches, Fruit Juice
- Oatmeal, Yogurt, Peaches, Fruit Juice

20

- Sausage Pancake on Stick , Strawberries, Fruit Juice
- Cereal, Cinnamon Toast, Strawberries, Fruit Juice
- Oatmeal, Cinnamon Toast, Strawberries, Fruit Juice

21

- Biscuits & Gravy, Sausage , Banana, Fruit Juice
- Cereal, Yogurt, Banana, Fruit Juice
- Oatmeal, Yogurt, Banana, Fruit Juice

24

- French Toast Sticks, Orange Smiles, Fruit Juice
- Cereal, Yogurt, Orange Smiles, Fruit Juice
- Oatmeal, Yogurt, Orange Smiles, Fruit Juice

25

- Pancake Sausage Griddle , Pears, Fruit Juice
- Cereal, Cinnamon Toast, Pears, Fruit Juice
- Oatmeal, Cinnamon Toast, Pears, Fruit Juice

26

- Cinnamon Roll, Grapes, Fruit Juice
- Cereal, Yogurt, Grapes, Fruit Juice
- Oatmeal, Yogurt, Grapes, Fruit Juice

27

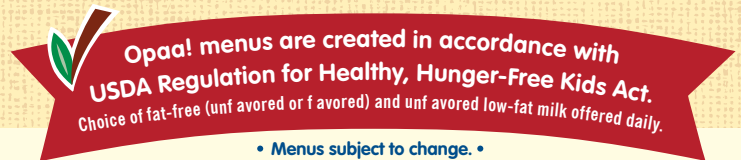
- Breakfast Sliders, Apple , Fruit Juice
- Cereal, Toast & Jelly, Apple , Fruit Juice
- Oatmeal, Toast & Jelly, Apple , Fruit Juice

28

- Biscuits & Gravy, Sausage , Banana, Fruit Juice
- Cereal, Yogurt, Banana, Fruit Juice
- Oatmeal, Yogurt, Banana, Fruit Juice



This institution is an equal opportunity provider.



• Menus subject to change. •



LUNCH - APRIL 2017

Wellington School District Wellington Middle School



menus.opaafood.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Items Prepared Fresh Daily in the Opaa! Kitchen</p> <p>All grains offered are Whole Grain-Rich</p> <p>KEY:</p> <ul style="list-style-type: none"> = Farm Fresh Product = May contain peanuts = Pork 	<p>HealthierUS School Challenge!</p> <p><i>Opaa! designs elementary menus to meet the nutrition targets for</i></p> 	<p>FARM TO SCHOOL</p> <p><i>Opaa! is proud to provide farm fresh, locally-grown products whenever they are available.</i></p> <p>Partnering with us in this endeavor are the following</p> <p>Hamra Farms Farhmeier Farms Rasa Orchard Value Added Products</p>	<p>Choice of fat-free (unflavored or flavored) and unflavored low-fat milk offered DAILY!</p>	<p>³Don't forget to take the</p> <p>"Extreme Fruit and Vegetable Challenge"</p> <p><i>this month!</i></p>
<p>3</p> <ul style="list-style-type: none"> • Popcorn Chicken w/ Italian Bread • Sloppy Joes <p>Fresh Garden Salad, Steamed Broccoli, Apple , Cinnamon Apple Slices</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Apple , Cinnamon Apple Slices, Italian Bread 	<p>4</p> <ul style="list-style-type: none"> • BBQ Pork on Bun • Beef Enchiladas <p>Baked Beans, Fresh Garden Salad, Mandarin Oranges, Grapes</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Mandarin Oranges, Grapes, Cornbread 	<p>5</p> <ul style="list-style-type: none"> • Chicken Patty • Hamburger Steak <p>Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Orange Smiles, Hot Roll</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Pineapple, Orange Smiles, Hot Roll 	<p>6</p> <ul style="list-style-type: none"> • Hot Dog • Korean BBQ Pork Tacos <p>Fresh Garden Salad, French Fries, Apple , Pears</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Apple , Pears, Fruit Streusel Muffin 	<p>7</p> <ul style="list-style-type: none"> • Tony's Pizza • Pepperoni Calzone <p>Fresh Garden Salad, Baby Carrots w/ Dip, Tropical Fruit, Banana</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Tropical Fruit, Banana, Fruit Streusel Muffin
<p>10</p> <ul style="list-style-type: none"> • Chicken Nuggets w/ Italian Bread • Beef & Noodles w/ Italian Bread <p>Fresh Garden Salad, Corn, Applesauce, Orange Smiles</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Applesauce, Orange Smiles, Italian Bread 	<p>11</p> <ul style="list-style-type: none"> • Cheeseburger • Stuffed Taco <p>Tater Tots, Fresh Garden Salad, Mandarin Oranges, Grapes</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Mandarin Oranges, Grapes, Fruit Streusel Muffin 	<p>12 Spring Feast</p> <ul style="list-style-type: none"> • Baked Ham • Chicken Patty <p>Mashed Potatoes w/ Gravy, Glazed Carrots, Hot Roll, Apple , Peaches, Lemon Crinkle Cookie</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Hot Roll, Apple , Peaches, Lemon Crinkle Cookie 	<p>13</p> <ul style="list-style-type: none"> • Cheese Pizza • Corn Dog <p>Fresh Garden Salad, Fresh Broccoli w/ Dip, Pineapple, Orange Smiles</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Pineapple, Orange Smiles, Fruit Streusel Muffin 	<p>14 No School</p>
<p>17 No School</p>	<p>18</p> <ul style="list-style-type: none"> • Chicken Soft Tacos • Pizza Quesadilla <p>Fresh Garden Salad, Refried Beans, Fresh Melon , Orange Pineapple Mix</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Fresh Melon , Orange Pineapple Mix, Cornbread 	<p>19</p> <ul style="list-style-type: none"> • Chicken Patty • Baked Ham <p>Mashed Potatoes w/ Gravy, Corn, Apple , Pears, Hot Roll</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Pears, Apple , Hot Roll 	<p>20</p> <ul style="list-style-type: none"> • Cheeseburger • Grilled Chicken Sandwich <p>French Fries, Fresh Garden Salad, Applesauce, Orange Smiles</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Applesauce, Orange Smiles, Fruit Streusel Muffin 	<p>21</p> <ul style="list-style-type: none"> • Pepperoni Pizza • Peanut Butter & Jelly w/ Yogurt <p>Fresh Garden Salad, Baby Carrots w/ Dip, Strawberry Banana Mix, Banana</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Banana, Fresh Fruit , Fruit Streusel Muffin
<p>24</p> <ul style="list-style-type: none"> • Chicken & Waffles • Mozzarella Dunkers w/ Marinara <p>Fresh Garden Salad, Steamed Broccoli, Cinnamon Apple Slices, Orange Smiles</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Cinnamon Apple Slices, Orange Smiles, Italian Bread 	<p>25</p> <ul style="list-style-type: none"> • Hot Dog • Turkey Burger <p>French Fries, Fresh Garden Salad, Mandarin Oranges, Grapes</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Mandarin Oranges, Grapes, Fruit Streusel Muffin 	<p>26</p> <ul style="list-style-type: none"> • Chicken Patty • Roasted Pork <p>Mashed Potatoes w/ Gravy, Green Beans, Pineapple, Apple , Hot Roll</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Pineapple, Apple , Hot Roll 	<p>27</p> <ul style="list-style-type: none"> • Super Nachos • Chicken Enchilada w/ White Queso <p>Fresh Garden Salad, Refried Beans, Pears, Orange Smiles</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Pears, Orange Smiles, Cornbread 	<p>28</p> <ul style="list-style-type: none"> • Tony's Pizza • Parmesan Chicken Sandwich <p>Fresh Garden Salad, Corn, Tropical Fruit, Banana</p> <ul style="list-style-type: none"> • Garden Fresh Salad Bar, Tropical Fruit, Banana, Fruit Streusel Muffin

